



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19094, Desserts, flan, caramel custard, prepared-from-recipe

Report Date: June 26, 2017 17:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 153g	1 recipe yield 1,531g
Proximates						
Water	g	68.05	--	--	104.12	1041.85
Energy	kcal	145	--	--	222	2220
Energy	kJ	609	--	--	932	9324
Protein	g	4.53	--	--	6.93	69.35
Total lipid (fat)	g	4.03	--	--	6.17	61.70
Ash	g	0.62	--	--	0.95	9.49
Carbohydrate, by difference	g	22.78	--	--	34.85	348.76
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	23.15	--	--	35.42	354.43
Minerals						
Calcium, Ca	mg	83	--	--	127	1271
Iron, Fe	mg	0.38	--	--	0.58	5.82
Magnesium, Mg	mg	9	--	--	14	138
Phosphorus, P	mg	96	--	--	147	1470
Potassium, K	mg	118	--	--	181	1807
Sodium, Na	mg	53	--	--	81	811
Zinc, Zn	mg	0.47	--	--	0.72	7.20
Copper, Cu	mg	0.028	--	--	0.043	0.429
Manganese, Mn	mg	0.010	--	--	0.015	0.153
Selenium, Se	µg	8.7	--	--	13.3	133.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.032	--	--	0.049	0.490

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 153g	1 recipe yield 1,531g
Riboflavin	mg	0.210	--	--	0.321	3.215
Niacin	mg	0.082	--	--	0.125	1.255
Pantothenic acid	mg	0.514	--	--	0.786	7.869
Vitamin B-6	mg	0.044	--	--	0.067	0.674
Folate, total	µg	9	--	--	14	138
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	--	--	14	138
Folate, DFE	µg	9	--	--	14	138
Vitamin B-12	µg	0.36	--	--	0.55	5.51
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	46	--	--	70	704
Retinol	µg	45	--	--	69	689
Carotene, beta	µg	5	--	--	8	77
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	2	--	--	3	31
Vitamin A, IU	IU	161	--	--	246	2465
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	65	--	--	99	995
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.35	3.52
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	0.2	--	--	0.3	3.1
Lipids						
Fatty acids, total saturated	g	1.799	--	--	2.752	27.543
4:0	g	0.048	--	--	0.073	0.735
6:0	g	0.048	--	--	0.073	0.735
8:0	g	0.048	--	--	0.073	0.735
10:0	g	0.048	--	--	0.073	0.735
12:0	g	0.050	--	--	0.076	0.765
13:0	g	0.000	--	--	0.000	0.000
14:0	g	0.196	--	--	0.300	3.001
15:0	g	0.001	--	--	0.002	0.015
16:0	g	0.966	--	--	1.478	14.789
17:0	g	0.003	--	--	0.005	0.046

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 153g	1 recipe yield 1,531g
18:0	g	0.387	--	--	0.592	5.925
20:0	g	0.002	--	--	0.003	0.031
22:0	g	0.002	--	--	0.003	0.031
24:0	g	0.001	--	--	0.002	0.015
Fatty acids, total monounsaturated	g	1.266	--	--	1.937	19.382
14:1	g	0.002	--	--	0.003	0.031
16:1 undifferentiated	g	0.058	--	--	0.089	0.888
18:1 undifferentiated	g	1.200	--	--	1.836	18.372
20:1	g	0.005	--	--	0.008	0.077
22:1 undifferentiated	g	0.001	--	--	0.002	0.015
Fatty acids, total polyunsaturated	g	0.392	--	--	0.600	6.002
18:2 undifferentiated	g	0.302	--	--	0.462	4.624
18:3 undifferentiated	g	0.054	--	--	0.083	0.827
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.028	--	--	0.043	0.429
20:5 n-3 (EPA)	g	0.001	--	--	0.002	0.015
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.007	--	--	0.011	0.107
Cholesterol	mg	90	--	--	138	1378
Amino Acids						
Other						
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0